



| Monday  | Tuesday   | Wednesday | Thursday  | Friday   |
|---|-----------|-----------|-----------|--|
| <b>2</b><br>Psychological Hacks to Enjoy Exercising                             | <b>3</b>  | <b>4</b>  | <b>5</b>  | <b>6</b>   |
| <b>9</b><br>Add Fruit to Every Meal with These Kitchen Gadgets                  | <b>10</b> | <b>11</b> | <b>12</b> | <b>13</b>  |
| <b>16</b><br>Chase Away the Sunday Scaries with These Tips                      | <b>17</b> | <b>18</b> | <b>19</b> | <b>20</b>  |
| <b>23</b><br>Vegetarian-Friendly Appetizers to Bring to Your Next Barbecue      | <b>24</b> | <b>25</b> | <b>26</b> | <b>27</b><br>August 2025 articles distributed to email clients |
| <b>30</b><br>How to Have a Healthy Emotional Balance and Avoid Toxic Positivity | <b>1</b>  | <b>2</b>  | <b>3</b>  | <b>4</b>   |



| Monday  | Tuesday | Wednesday | Thursday   | Friday                                |
|---|---------|-----------|--|---------------------------------------|
| 30  | 1       | 2         | 3  | 4<br><a href="#">Independence Day</a> |
| 7<br><br>Best<br>Keto-Conscious<br>Recipes for a<br>Delicious Dessert   | 8       | 9         | 10   | 11                                    |
| 14<br><br>Ditch the Gym: 10<br>Unconventional<br>Ways to Stay<br>Active | 15      | 16        | 17   | 18                                    |
| 21<br><br>Go Meatless With<br>These Barbecue<br>Replacement<br>Recipes  | 22      | 23        | 24   | 25                                    |
| 28<br><br>How to Recharge<br>After Too Much<br>Interaction              | 29      | 30        | 31<br><br><a href="#">September 2025<br/>articles distributed<br/>to email clients</a> | 1                                     |

**HEALTHY LIVING****AUGUST 2025**

| Monday  | Tuesday | Wednesday | Thursday | Friday   |
|---|---------|-----------|----------|--|
| 28  | 29      | 30        | 31       | 1  |
| 4<br>All the Instant Pot<br>Info You Need<br>(Plus 25 Great<br>Recipes)!  | 5       | 6         | 7        | 8  |
| 11<br>Fall Reset: Get<br>Back into Healthy<br>Routines With<br>These Tips | 12      | 13        | 14       | 15   |
| 18<br>Anti-Inflammatory,<br>Cooling Recipes<br>for Summer Meals           | 19      | 20        | 21       | 22   |
| 25<br>How to Improve<br>Your Attention<br>Span                            | 26      | 27        | 28       | 29<br><a href="#">October 2025<br/>articles distributed<br/>to email clients</a> |